



Chikopi Chant

January 2011

Beef-O-Bob

As I sit here getting ready to write this column, I am reminded of my first experience at a camp. At age 11, my parents sent me to Camp Ken-eta-wah-pec for two weeks. Most camps have Indian names: Chikopi (land of white birch) or Ak-o-Mak (across the waters), but I never learned the meaning of Ken-eta-wah-pec. It was a Boy Scout camp located in the Kitatiny Mountains of New Jersey about 50 miles from where we lived in West Orange, home to Thomas Edison who invented the light bulb and filmed the first silent movie just miles from our home. I did not know about Camp Chikopi at the time. I wish I had as I can humbly say that I have seen a better camp than Chikopi. It is full of action, competition, learning and fun. Matt Manns' vision of Chikopi in 1920 is the model we follow today – old-fashioned values with new techniques.

But my Boy Scout camp was good too, just not as good as Chikopi. The Scouts is where I learned to tie knots (now part of Chikopi's sailing certification – remember the bowline, square, clove hitch and sheeps bend knots?)

We lived in eight-man, white cotton tents with one counselor. The tents had a wooden floor and during the daytime, we would roll up the side flaps so that our bunks were fully exposed to the elements and bugs. Meals were served family style like at Chikopi. For some reason, I remember the drinks more than anything. We called it "bug juice" it came in many different flavors much like Chikopi's "freshie". I don't know why we call it "freshie". Do you ever feel "refreshed" after drinking "freshie"? I don't.

During the morning we always had swimming, but no competitive swimming. Being a swimmer, I got to know the waterfront director fairly well. His name was Bob, also. In fact, we became good friends. During the winter months he was a part-time lifeguard at the local YMCA while going to college, we would visit New York City. Phil Dimarzo lives in New York City and knows it like the back of his hand. So did my dad, he worked in New York and made the one-hour trek every day into the City. Bob and I did not know New York very well, but I always felt safe with him. I remember one instance when a gang in Greenwich Village approached us, but Bob talked our way out of a very scary situation.

Each morning at the camp, we always had some sort of arts and crafts, a huge difference from Chikopi where we are all action, all activity. Chikopi's motto "We don't sew beads on belts" was exactly what we did during the arts and crafts time period at Ken-eta-wah-pec.

Ken-eta-wah-pec had no running water, except in the kitchen. We used dry hops or "thunder boxes" like on canoe trips and brushed our teeth in the lake. Every afternoon was a hiking expedition or something to do with Boy Scout lore. Living at Camp Ken-eta-wah-pec in the 1950's would have been much like living at Chikopi in the 1930's. The main difference was in the program. Matt Manns' and Matty Manns' programs were almost all sports related and reflect our programs of today. When I think back to the days of my Boy Scout camp, I can't help but wonder how the Scout camp program could ever measure up to the Chikopi program. The big difference is that at Chikopi we try to maximize every minute of the day so that when bedtime rolls around and everyone is tired from an active day, we go to sleep.

So, what is the difference between Chikopi and another camp? The difference is you! It is you, your camp friends and our staff who are the core of Chikopi. Couple that with the Chikopi program and you have a formula for success.

Only five more months to go until Chikopi 2011. Study hard to keep your grades high so that we can see you this summer. Plus, it is good common sense to get the best grades you can. You're in school – don't waste your time. Study hard and achieve.

Does The Early Bird Really Get The Worm?

By Swim Coach - Rob Winograd

As we head into the New Year it is a great chance for us to look at our lives and try to make improvements. The best way to improve our days is to cut back on bad habits and develop good ones. The start of a new year is a great time to do this.

Researchers have found that athletes who train their bodies in the morning are more consistent with their workouts. While better performance is achieved in the afternoon, there are great benefits to getting up and getting going early. Studies have proved that just 20 or 30 minutes of exercise improves students' productivity in school. Many of us from Chikopi have serious athletic commitments in the afternoon. For example, if you have swimming for two hours in the afternoon, you may not want to also swim in the morning. This offers a great opportunity to do cross training. By taking a jog, having a game of basketball before school, or even simply doing a short series of push ups, pull ups, and abs, you can give yourself a boost that leads to a more energetic day.

In the summer while we are at Chikopi it is easy to see the benefit of getting up early, and within a few days it becomes automatic. Back at home it is more than likely harder to get yourself into such a routine. But it is just that, a routine, and after a few consistent days you will be able to pick up a good habit. Don't exhaust yourself, but get yourself moving and you will be more productive at school and at practice in the afternoon. Your body will quickly adapt to waking up and you will sleep better at night.

So does the early bird get the worm?

This expression goes back many years, maybe centuries and was coined by farmers that by necessity had to work early to stay out of the noon day sun. But it certainly applies to all of us even today - so get out there early and do what your ancestors have been doing for hundreds of years!



“I’ve Been To

By Assistant Swim Coach – Zachary Hurd

“I’ve been to...Little Rock, Oskaloosa, Tennessee, Hennessey, Chikopi, Spirit Lake...for Pete’s sake. I’ve been everywhere” – Johnny Cash

Now I would like to believe Mr. Cash was speaking about our Chikopi, but more likely than not he is referring to the town in Massachusetts, with our Chikopi’s history it really is hard to tell.

In previous years I have wrote articles speaking of my worldly and exotic adventures in locations such as Africa, China, Australia and just about everywhere else. I have wrote about the importance of keeping your Chikopi connections and friends from around the globe and how important it is to take-in experiences and knowledge from everyone you meet in life. One response I commonly hear is, “you are so lucky to have done what you have done, seen what you have seen and gone where you have been”. What I want to clarify is there is a huge difference between being lucky and hard work to get you where you want to go.

If there is one thing I have learned from Chikopi , above all else is, how to work hard, work towards what you want, and getting to where you want takes hard work! As an individual you have to put in to life what you want to get out of life. I have been inspired by hundreds of campers and councillors’ alike over the years, showing me that there is no limit to greatness and no limits on what one is able to do. There will always be obstacles, rules, people who tell you that you *can’t* or that it is impossible to get somewhere or do something that you believe you can do. That does not mean you cannot try to be better than you currently are and step over what other people tell you is a limit. If Christopher Columbus listened to everyone, and didn’t go after what he believed in, this world still be thought of as flat, if Nelson Mandela would have given up and became average, South Africa may still be a world apart. In life people will always give you limits and reasons why you cannot achieve; tell you that you cannot run that fast, that you can’t be President or that you will never make it to the summit of that mountain...it is up to you, listen to your inner self, only you can prove them wrong. If you approach any obstacle in life with the same Chikopi spirit that you wake up with every morning at camp; ready to conquer the day, you will find that the world and your potential just got that much larger.

You are bound to fail sometimes, to hit a wall or to be cut down, that is inevitable, but just like at Chikopi you need to be able to draw on those around you, the motivation and inspiration of greatness to stand back up on your own two feet and achieve! The world is not going to fall into your lap, but if you work towards it, you can have the world within your own two hands.

Go on, go out there, be a Chikopi Man and Achieve!

“For myself, losing is not coming second. It’s getting out of the water knowing you could have done better. For myself, I have won every race I’ve been in.” – Ian Thorpe

News You Can Use!

Chad Cradock Honored as a 2010 UMBC Outstanding...

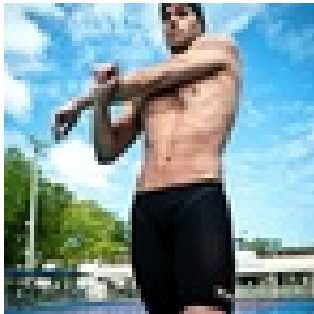
Chad Cradock Honored as a 2010 UMBC Outstanding Alumnus of the Year UMBC head swimming and diving coach and director of aquatics Chad Cradock has been chosen by the UMBC Alumni Association as the 2010 Outstanding Alumnus of the Year in Social and Behavioral Sciences. The award reflects career and professional achievement, as well as service to the university.



SOCIAL AND BEHAVIORAL SCIENCES

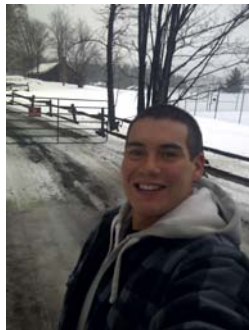
Chad Cradock '97, Psychology, was named to UMBC Athletics' Hall of Fame in 2004 after a stellar career as a Retriever from 1993 until his graduation in 1997 and immediately became an assistant coach, but his greater contribution to the UMBC family would begin in 2001 when he became just the second head coach of the swimming and diving program. Since he took over, the Retriever men have won nine consecutive conference championships, including seven straight America East titles, while the women have won four conference crowns. In addition, the amount of alumni giving has gone up over 1,200% during his tenure. Cradock and his staff have been named Coach/Coaching Staff of the Year six times, including being named 2010 America East Coaching Staff of the Year.

Kevin Barnes - Currently has his new film entered in several film festivals.
www.filmorchard.com



Nick Thoman was a model in the pages of TYR magazine. http://twitter.com/Nick_Thoman

The Big Freeze – Chikopi is under so much snow right now it would not be possible to get on to the camp without the use of a snow mobile



Other News:

Let us know your news so we can include it in the Newsletters.

2011 REGISTRATION

The Early Bird Registration was a great success. The cabins are filling up be sure to mail in your 2011 Registration forms soon.